



# Missouri Million Hearts

## Be one in a MILLION HEARTS®

Preventing 1 million heart attacks and strokes

### About Missouri Million Hearts

Million Hearts® is a national initiative formed to prevent one million heart attacks and strokes by 2017. Missouri's share of that affects 20,000 people, enough to fill the Scott Trade Center sports arena in St. Louis.

The Million Hearts® Initiative focuses on coordinating and enhancing cardiovascular disease prevention activities across the public and private sectors in an unprecedented effort to prevent 1 million heart attacks and strokes over five years and demonstrates to the American people that improving the health system can save lives.

Million Hearts® incorporates proven clinical and community strategies to prevent heart disease and stroke across the nation to reach the goal of 1 million. This initiative also brings together existing efforts and new programs to improve health across communities and help Americans live longer, healthier, more productive lives.

### Heart Disease & Stroke Facts

Heart disease and stroke are the **first and fifth** leading causes of death in the United States. **Stroke is the fifth leading cause of death in Missouri.**

Heart disease continues to be the leading cause of death in Missouri.

Approximately **49% of adults** have at least one major risk factor for heart disease.

Approximately **49% of adults** have at least **one major risk factor** for heart disease and stroke. Adopting protective factors like **quitting smoking**, increasing **physical activity**, and a **diet with fruits and vegetables**, help to decrease risks.

About 150,000 people in the U.S. who died from cardiovascular disease in 2009 were **younger than age 65**.

**African Americans (AA)** have the highest rate of high blood pressure of all population groups, and tend to develop it earlier in life. Prevalence of hypertension in Missouri is 32% in the general population, and **39.8% in the AA population**.

### Our Goals

The partnership of key health organizations in Missouri raises awareness by highlighting the cooperation and individual work of the partners to achieve the shared goal of saving lives from heart disease and stroke. Go to the Missouri Million Hearts® website, [www.heart.org/MoMillionHearts](http://www.heart.org/MoMillionHearts), for a complete list of partners.

The partnership is committed to the prevention of 20,000 heart attacks and strokes across Missouri over five years by using the framework of the Million Hearts® initiative.

Million Hearts® aims to prevent heart disease and stroke by:

- Improving access to effective health care.
- Improving the quality of care.
- Focusing clinical attention on the prevention of heart attack and stroke.
- Encouraging the public to lead a heart-healthy lifestyle.
- Improving the prescription and adherence to appropriate medications related to aspirin therapy, blood pressure control, cholesterol management and smoking cessation.

### We Need Your Help

To assist Missouri in reaching our goal of 20,000 lives saved, **we are asking healthcare providers to become a Million Hearts® Provider Champion**. The role of a Provider Champion is to:

- Promote among your peers the use of aspirin therapy, blood pressure control, cholesterol management, quitting smoking and community smoke free policies (also known as the ABCS) for the prevention of heart attack and stroke.
- Serve on the Missouri Million Hearts® Advisory Council by participating, as your availability permits, in monthly conference calls, and by providing input through email exchanges.
- Participate in meetings to highlight your efforts to improve cardiac care in your communities, and lead initiatives to support your peers in achieving the Missouri Million Hearts® goals.
- Assist patients with their high blood pressure and cholesterol needs according to national clinical guidelines.
- Promote the Missouri Million Hearts® initiative with the public and patients.

**For more information, go to [www.Heart.org/MoMillionHearts](http://www.Heart.org/MoMillionHearts)**

# Healthcare Provider: Get Involved with Missouri Million Hearts®

## Provider Champion

If you are a healthcare provider and are interested in improving the health of your community, we ask you to become active with Missouri Million Hearts®. The Million Hearts® Provider Champion serves as a liaison with the Missouri Million® Hearts Partnership. They help raise the awareness of this initiative with their patients to reduce cardiovascular disease burden.

If you are interested in learning more about becoming a Missouri Million Hearts® Provider Champion for your region (see map below), please contact the Missouri Million Hearts® Provider Engagement Team Leaders:

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### Robin Kiser, RN, BS

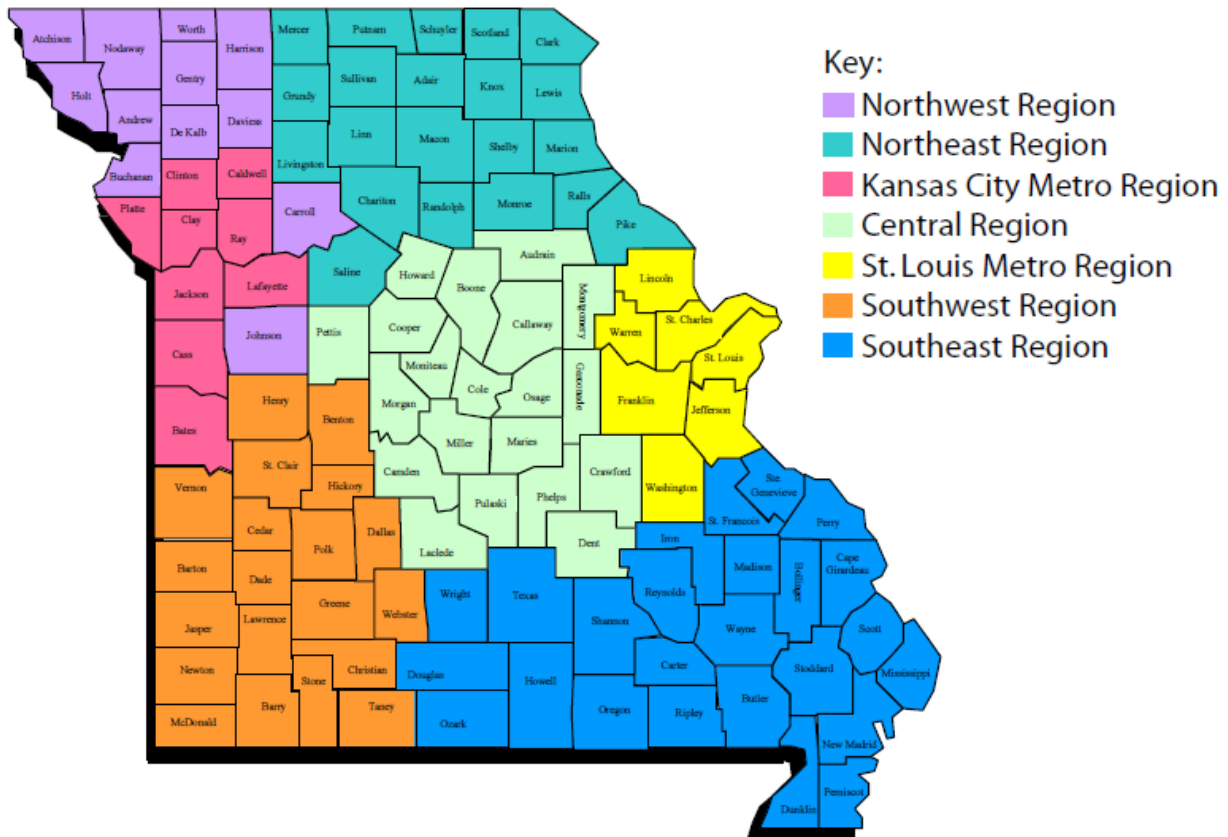
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### Jim Blaine, MD

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## Missouri Million Hearts Regional Map

The Missouri Department of Health and Senior Services can provide health data for your region of the state to see if this initiative is right for you. Refer to the map below to find your Million Hearts® region. Please contact Kris Kummerfeld at the information below to obtain these statistics.



**Missouri Million Hearts Contact**  
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[www.Heart.org/MoMillionHearts](http://www.Heart.org/MoMillionHearts)